

# COVID-19:

## Je, maana ya kujitenga, karantini na uchunguzi binafsi ni nini?

		Kujitenga	Karantini	Uchunguzi binafsi
	<b>Kwa ajili ya nani?</b>	Wanaoumwa COVID-19 <b>ama</b> waliopimwa na kupatikana na COVID-19 ila hawakuonyesha dalili zozote.	<p>Watu wasio na dalili zozote na wale</p> <ul style="list-style-type: none"> <li>waliotangamana na wagonjwa wa COVID-19, <b>au</b></li> <li>wanaorejea Vermont kutoka nje ya jimbo (isipokuwa kaunti mahsusizi zilizopo Kaskazini Mashariki) kwa lolote isipokuwa dhumuni maalum.<sup>1</sup></li> </ul>	Wakazi wengine wa Vermont wasio na dalili.
	<b>Je, nibaki nyumbani?</b>	Ndiyo	Ndiyo	Kubaki nyumbani ndiyo njia bora zaidi ya kupunguza hatari ya kuambukizwa. Fuata maelekezo ya kujikinga unapotoka.
	<b>Je, ninaweza kwenda kazini?</b>	Hapana. Fanya kazi kutokea nyumbani iwapo kazi yako inakuruhusu na unajisikia vyema veya kutosha.	Hapana. Fanya kazi nyumbani iwapo inaruhusiwa.	<p>Fuata maelekezo ya afya na usalama ukiwa kazini.</p> <p>Fanya kazi nyumbani ukiweza.</p>
	<b>Je, ninaweza kutoka nje kwa matembezi, kuendesha baiskeli, matembezi ya masafa marefu?</b>	Hapana, huwezi mpaka wakati utakapopona. <sup>2</sup>	Hapana, mpaka siku 14 zipite na huna dalili zozote. <sup>3</sup>	Ndio, lakini kaa futi sita mbali na wengine, mbali na wale unaoishi nao. Vaa barakoa kama kuna watu wengi.
	<b>Je, ninaweza kutoka kutafuta vyakula na mahitaji mengine ya msingi kama dawa?</b>	Hapana, sivyo hadi wakati utakapopona. <sup>2</sup>	Hapana, hadi siku 14 zipite na hukuonyesha dalili zozote. <sup>3</sup>	Ndiyo, lakini kaa umbali wa futi sita mbali na watu usioishi nao. Vaa barakoa. Osha mikono kila mara na usiguse uso.
	<b>Je, nikae katika chumba tofauti nyumbani?</b>	Ndiyo, hadi utakapopona. <sup>2</sup>	Ikiwezekana, hadi siku 14 zipite, na usiwe na dalili zozote. <sup>3</sup>	Hapana
	<b>Je, vipi nikianza kuhisi kuumwa?</b>		Anza kujitenga na mpigie simu mtoa huduma wako wa afya.	Anza kujitenga na mpigie simu mtoa huduma wako wa afya.

<sup>1</sup>Usafiri muhimu unaweza kuwa ni kwa ajili ya chakula, huduma za matibabu, kuhudumia wengine, ama kazi kwa biashara zilizoruhusiwa kuendeshwa.

<sup>2</sup>Kupona ni wakati ambapo yote matatu yametokea: 1) Imekuwa siku tatu kamili bila homa bila kutumia dawa ya kupunguza homa, na 2) Dalili zingine zimeimarika, na 3) Angalau siku 10 zimepita tangu dalili zozote zonekane.

Au ikiwa huna dalili wakati ulipimwa, kupona ni baada ya siku 10 kupita tangu tarehe ya kipimo chako cha kwanza kilichoonyesha una ugonjwa na umeendelea kuwa huna dalili.

<sup>3</sup>**Kwa mawasiliano ya karibu:** Siku 14 tangu siku uliyokuwa karibu na mtu mwenye COVID-19. **Kwa wasafiri wanaorejea:** Siku 14 tangu ulipokuwa nije ya Vermont (isipokuwa kaunti mahsusizi zilizopo Kaskazini Mashariki). Maelezo kwenye [healthvermont.gov/covid19-travelguide](http://healthvermont.gov/covid19-travelguide).

\*Unaweza kupimwa wakati wa kipindi cha karantini yako iwapo hukuuwa na dalili zozote. Mpigie mtoa huduma wako ili kupanga kupimwa katika au baada ya siku ya 7. Baki kwenye karantini hadi wakati utakapopata matokeo yako. Iwapo matokeo yanaonyesha huna, na bado huna dalili zozote, unaweza kumaliza karantini yako.

# COVID-19:

## What is isolation, quarantine and self-observation?

		Isolation	Quarantine	Self-observation
	<b>For whom?</b>	People sick with COVID-19 <b>or</b> tested positive for COVID-19 but did not have any symptoms.	People with no symptoms and who <ul style="list-style-type: none"> <li>were in close contact with someone sick with COVID-19, <b>or</b></li> <li>are returning to Vermont from out of the state (except select counties in the Northeast) for anything other than an essential purpose.<sup>1</sup></li> </ul>	Other Vermonters who don't have symptoms.
	<b>Do I stay home?</b>	Yes	Yes	Staying home is still the best way to lower your risk. Follow prevention guidance when you go out.
	<b>Can I go to work?</b>	No. Work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.	Follow health and safety guidance while at work. Work at home if you can.
	<b>Can I go outside for walks, bike rides, hikes?</b>	No, not until you have recovered. <sup>2</sup>	No, not until 14 days have passed and no symptoms have appeared. <sup>3</sup>	Yes, but keep six feet away from others, except people you live with. Wear a mask if it's crowded.
	<b>Can I go out for groceries and other essential items like medication?</b>	No, not until you have recovered. <sup>2</sup>	No, not until 14 days have passed and no symptoms have appeared. <sup>3</sup>	Yes, but keep six feet away from people you don't live with. Wear a cloth mask. Wash your hands often and don't touch your face.
	<b>Do I stay in a separate room in my home?</b>	Yes, until you have recovered. <sup>2</sup>	If possible, until 14 days have passed, and no symptoms have appeared. <sup>3</sup>	No
	<b>What if I start to feel ill?</b>		Start isolation and call your health care provider.	Start isolation and call your health care provider.

<sup>1</sup> Essential travel may include for food, medical care, care of others, or work for businesses that are allowed to operate.

<sup>2</sup> Recovery is when all three have happened: 1) It's been three full days of no fever without the use of fever-reducing medication, and 2) Other symptoms have improved, and 3) At least 10 days have passed since any symptoms appeared.

Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

<sup>3</sup> For close contacts: 14 days since the day you were last in close contact with the person with COVID-19. For returning travelers: 14 days since you were last outside of Vermont (excluding select counties in the Northeast). Information at [healthvermont.gov/covid19-travelguide](http://healthvermont.gov/covid19-travelguide).

\*You may get tested during your quarantine period if you never had any symptoms. Call your provider to arrange for testing on or after day 7. Stay in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can end your quarantine.